

# Stewart/Hunter Lifestyle

## Stewart-Hunter Family wins Army Arts, Crafts Contest

**Tim Hipps**  
*FMWRC Public Affairs*

**ALEXANDRIA, Va.** – More than 200 Soldiers, civilians and Family members from 39 garrisons generated 530 entries in the 2007 Army Arts and Crafts Contest. Soldiers in Iraq and Kuwait and Morale, Welfare and Recreation patrons from around the world participated in the annual, juried competition of two- and three-dimensional artwork.

The crafts were entered in categories for ceramics, drawings, fibers and textiles, glass, metals and jewelry, oil-base painting, water-base painting, wood, and mixed media, both two- and three-dimensional. There were separate divisions for novice and accomplished artists.

The accomplished division was for competitors who have gained skills and knowledge through formal courses leading to credit in college or art schools. Those whose skills had not been acquired in formal education competed in the novice division.

First-place winners received \$300, runners-up \$200, and third-place finishers \$100. Contestants who received honorable mentions were issued certificates of excellence.

Capt. Hee Kim, a hobby origamist since elementary school who is stationed at Fort Stewart, won the novice mixed media 3-D category with “Ancient Dragon.” Origami is the Japanese art of folding paper into decorative or representational forms, such as animals or flowers.

“It gives me time to be creative without worrying too much about ‘what if,’” Kim said. “After all, it is just a paper.”

Kim followed the original design of a piece created by renowned origamist Staoshi Kamiya.

“I folded mostly based on his diagrams,”



Tim Hipps

**Capt. Hee Kim, a hobby origamist since elementary school who is now stationed at Fort Stewart, won the novice mixed media 3-D category of the 2007 Army Arts and Crafts Contest with this “Ancient Dragon.”**

Kim explained. “Though I made modifications and airbrushed it to give its statue and sculpture-like presence.”

His wife, professional artist Anni Mirka Kim, placed second in accomplished drawing with “Spirit and Perseverance” and third in accomplished prints with “70 Percent of Grains.”

Several competitors, such as Army veteran Myrna Hawkins, said they feel like they have spent their art “careers” producing entries for the Army Family and MWR command-

sponsored event. Thirty-two contestants were returning participants and 175 entered for the first time.

The contest was judged by Pam Eisenmann, a former art teacher and manager of Army Arts and Crafts programs in Europe, Korea and the continental United States, and George Goetzke, a former arts director and woodworker, who works at Walter Reed Army Medical Center in Washington.

May 25 is the submission deadline for the

2008 Army Arts and Crafts Contest. Authorized MWR patrons, with the exception of employees of the Army Arts and Crafts program, are eligible to enter.

All submissions must be the entrant’s original work and must be completed within 24 months of the beginning of the contest year.

For more details, write to FWRC Attn: FMWR-CR (Arts & Crafts), 4700 King Street - 4th floor, Alexandria, VA, 22302-4418 or call Linda Ezernieks at (703) 681-7754.

## Hunter holds first dive-in movie at Tominac pool

**Kaytrina Curtis**  
*Hunter Public Affairs*

Getting wet was a great experience for Families and Soldiers from Stewart and Hunter Jan. 18. They took a dip in the Hunter Army Airfield; Tominac’s Fitness Center’s heated pool while watching the movie Shark Tales.

Children and Families were encouraged to bring floats and relax with others during this wonderful event. More than 70 Family attend-

ed.

“The event was a huge success, I was very happy with the turnout,” said Eli Wilson, Tominac Fitness Center’s program director.

Some took the reigns when inviting others to come out to the event.

Marcia Steele, mayor for the New Gannen housing area on Hunter, said that it is her responsibility to get information out to the community.

Family member Cheryl Hillis, who resides

in the Pooler area, is new to the Fort Stewart. She and her family were looking for something to do and was excited to find out about the dive-in movie.

“This is awesome,” Hillis said. “I was wondering what kind of TV is was going to be on and it’s this nice huge TV.

Morale Welfare and Recreation has much to offer residents of both Hunter and Stewart, and getting the information out to Families is important.

## Help find Rocky at MWR scavenger hunt

**Molly O’Hearon**  
*MWR Public Relations*

This is the first ever “Where’s Rocky Scavenger Hunt” on Fort Stewart.

The rules for the hunt, which is expected to become an annual event, are simple, the prizes are big and it’s a great way to learn about your installation Morale, Welfare, and Recreation facilities.

Pay attntion to the clue list, which will help you along your way. Cut it out, fold it up and keep it with you. Take a minute or two and study the clues. They all lead you to a specific spot in one of our many locations on post. Once you find the right place it’s time to search high and low for Rocky.

The scavenger started Jan. 28 and continues through close of business Feb. 18. Take your cut-out list with you to each location . Once there, notify the front desk staff that you are participating in the

“Where’s Rocky Scavenger Hunt”.

After locating Rocky, re-visit the front desk to receive a prize for completing that stage and get your checklist stamped. (In order to get credit for each stage, you must get your checklist stamped by an MWR staff member with a special MWR stamp.

Once all 10 clues are stamped, please find a drop box at any of the 10 locations and remember to include your contact information. Congratulations you are already a winner! Just for getting this far, you will receive recognition Feb. 22 at the MWR Chili Cook-off, a book of MWR coupons, a special gift and an award.

But that’s not all! All participants who

find the first 10 Rocky’s and turn in their completed list will be asked to attend the Chili Cook-off where they will be given the final clue and compete for the Grand Prize: two spaces on the June 25th Leisure Travel New York City Trip, (or a \$1,400 voucher good for travel thru MWR’s Leisure Travel if the New York City trip is canceled).

All ages are encouraged to participate in this fun and interactive scavenger hunt; however, in order to win the trip to New York City, youth ages 17 and under must be accompanied by an adult.

Whether you’re looking for a fun way to spend time with your kids and learn more about the facilities here on Fort Stewart or simply love an adventure, this scavenger hunt is for you!

Good luck and remember, Rocky can be where you least expect him! Hunter Army Airfield – get ready for your Scavenger Hunt in March.



Pat Young

**The miniature golf course at Corkan Family Recreation Center is one of the many places for community members to have fun at Fort Stewart. Help find Rocky, and learn about the many other MWR facilities on the installation.**

Rocky started Taekwondo when he was just a young pup. It's helped him all these years with keeping his health up! The same goes for your kids too. Stop by and see our newest staff member to learn what he can do for you!

Rocky has a hobby and he shares it with many men alike. We'll tell you one thing, it doesn't involve a bike! It helps him get from here to there and repairs can cost a lot. But there is a place where he can go where money will worry him not.

Rocky really has a ball in this fun filled adventure spot. It takes him back to the days when he was just a tot. The climbing walls & colorful balls make your youngest one say "This is the only place on Ft. Stewart where I want to play!"

Rocky's New Years resolution is to become a new man! He's toning up his muscles and starting a nutrition plan. But before he begins he'll need to grab a shake because quite a few hours this will take!

10 down would have been better than 9 but don't worry Rocky didn't lose. He still got to have a "pie" with many toppings to choose!

Rocky loves to let his imagination run wild! He goes to this place to see life through the eyes of a child. In this section he can thumb through fairytales and history but truthfully Rocky loves a good mystery!

Rocky likes to go where there are counselors, computers, & classes galore. the warm & friendly staff always keeps an open door! It's a place an Army Family can Count on for Support, help & so much more!

Rocky remembers the good ole days when after the school bell rang he would go to this cool place with his buddies to hang! From homework to basketball there's always something to do, it's here he made many friends that he now calls his crew! This positive place teaches kids to aim high & set their sights towards the sky.

Ft. Stewart fits Rocky to a tee. The weather is always warm and the grass is always green! It also gives him a chance to mingle where all the pro's convene!

Bon Voyage! Rocky needs to get out of town! His friends at this locale helped him book a trip on the most "Fun Ship" around!

Name

Email

Phone

Good Luck!

767-5113



## Pets of the Week



The Fort Stewart Veterinary Clinic will be going under renovation February through March and have reduced services, however, pet adoptions will continue.

Piglet the kitten and Indy the puppy are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



## MWR Briefs

### Tell Me A Story event slated

Military Child Education Coalition hosts a "Tell Me a Story" event, 2 p.m., Feb. 17 at Club Stewart. The story will be "Mercedes and the Chocolate Pilot," by Margot Theis Raven.

The 3rd Infantry Division Family Support Group Leader, Sarah Lynch, will be the guest reader and every Family will get to take home a free copy of the book. Admission is free. Space is limited. For reservations, call 877-5330.

### Join fitness program

Sign up now for the Civilian Fitness Program that runs now through April 10. Call Eli Wilson at Tominac Fitness Center, 315-2019, and go online at [www.stewartmwr.com](http://www.stewartmwr.com) for the information you need to participate.

### Splash into fitness

Water aerobics class hours extended. In addition to classes Tuesday and Thursday mornings at 9:30 to 10:30 a.m., water aerobics is now offered Thursday afternoons, 5:30 to 6:30 p.m.

### Sign up for volleyball

Unit level volleyball sign ups at Hunter for 12-member team rosters are due by COB Feb. 29. For more information, call Mike Hughes at 315-4160.

### Cardboard Boat Regatta

Units, organizations and FRG groups are encouraged to make a cardboard boat to compete in our cardboard boat regatta. The race will be held at noon, Feb. 9 at the Tominac Fitness Center. Register by Feb. 6. For more information, call 315-2019.

### Valentine's Bowling

Come enjoy Valentine's Day with the one you love. Bowling at Marne Lanes is only \$.75 per game and free shoe rental when you bring in a loved one from 5 to 8 p.m., Feb. 14. For more information, call 767-4866.

### Valentine's dinner

Children invite your Family members out

to enjoy a special Valentine's dinner at Club Stewart. Kids should be at Club Stewart at 4 p.m., Feb. 14 to decorate for the special meal. Doors will open at 6 p.m. Reservations are required. For more information, call 368-2212.

### Valentine's Day dinner

Children invite your Family members out to enjoy a special Valentine's dinner at Hunter Club. Kids should be at Hunter Club at 4 p.m., Feb. 14 to decorate for the special meal. Doors will open at 6 p.m.

The menu includes chicken tenders with honey mustard and ranch, macaroni and cheese, buttered corn, herb roasted chicken, mashed potatoes with gravy, vegetable medley, Valentine cup cakes, and chocolate fountain with toppings. Reservations are required. For more information, call 353-7923.

### Play Dodgeball

Come join us for a fun time at the Dodgeball Tournament at Tominac Fitness Center. The tournament will be held 10 a.m., Feb. 16. There is no cost to participate, but participants must register by Feb. 13. For more information, call 315-2019.

### Teen Night at Marne Lanes

Teens are invited to enjoy a night of bowling from 10 p.m. to midnight, Feb. 16 at Marne Lanes. You can enjoy a game of bowling, a pair of bowling shoes and a small drink for only \$4.50. For more information, call 767-4866.

### Watch live UFC fight

Come watch Mir vs. Lesnar live on pay-per-view at Rocky's. The fight starts at 10 p.m., Saturday. The club is open to DoD cardholders only. There is no charge to attend. For more information, call 767-8715 or 368-2212.

### Ringling Brothers Circus

The circus is in town. Join us for a trip to the Savannah Civic Center to see "The Greatest Show on Earth." The bus will depart from the Leisure Activities Center, building 443 at 3 p.m., Saturday.

The cost is \$20 per person for transportation and ticket. For more information, call 767-2481 at Fort Stewart.



## AAFES PRESENTS

FEBRUARY 1 THROUGH 7



### National Treasure: Book of Secrets

**Today, Saturday— 7 p.m.**  
(Nicolas Cage, Diane Kruger)

Treasure hunter Benjamin Franklin Gates looks to discover the truth behind the assassination of Abraham Lincoln, by uncovering the mystery within the 18 pages missing from assassin John Wilkes Booth's diary. *Rated PG (violence, action)* 105 min

### Walk Hard: The Dewey Cox Story

**Sunday— 7 p.m.**  
(John C. Reilly, Jenna Fischer)

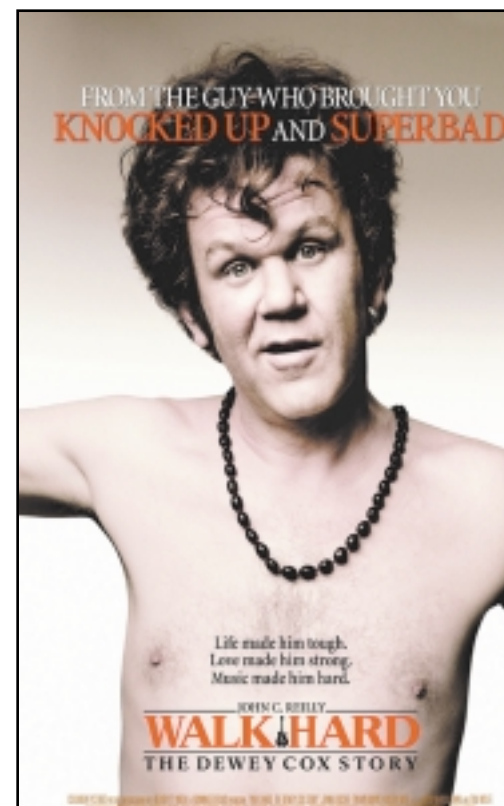
The up-and-down-and-up-again story of musician Dewey Cox, whose songs would change a nation. On his rock 'n roll spiral, Cox sleeps with 411 women, marries three times, has 22 kids and 14 step-kids, stars in his own 70s TV show, collects friends ranging from Elvis to the Beatles to a chimp, and gets addicted to - and then kicks - every drug known to man; but despite it all, Cox grows into a national icon and eventually earns the love of a good woman - longtime backup singer Darlene. *Rated R (sexual content, graphic nudity, drug use, language)* 96 min

### P.S. I LOVE YOU

**Thursday— 7 p.m.**  
(Hilary Swank, Gerard Butler)

A grieving young widow discovers that her late husband has left her a list of

tasks revealed in 10 messages, delivered anonymously, intended to ease her out of grief and transition her to a new life. *Rated PG-13 (sexual references, nudity)* 126 min



Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.



# HEALTH MATTERS

## Winn Army Community Hospital

### Vaccine developed to prevent cervical cancer

**Col. Michael Custer**  
*Army Public Health Nurse*

January was National Cervical Health Awareness Month. According to the National Cancer Institute, in 2007 there were 11,150 cases of cervical cancer in the United States, resulting in 3,670 deaths. Late-stage cervical cancer is often fatal. This is tragic because cancer of the cervix is preventable, and recent breakthroughs may nearly eliminate this particular cancer in the near future.

The cervix is the narrow, bottom portion of a woman's uterus or womb connecting to the birth canal. The uterus itself is a pear-shaped organ in the lower abdomen where an infant is nourished and protected during pregnancy.

#### Who is at risk for cervical cancer?

Women over 40 years old and women who do not have regular screening for cervical cancer have higher rates. The screening test for cervical cancer is the Papanicolaou test. Women over the age of 21 or women younger than 21 who are sexually active should be screened every three years according to the U.S. Preventive Services Task Force. If the test is abnormal more frequent screening is needed.

#### How is it prevented?

The Pap test has been one of the main preventive measures in the fight against cervical cancer, but now there is a relatively new and exciting breakthrough to prevent cervical cancer. Infection with a family of viruses called human papilloma viruses is a huge risk factor for cervical cancer, as well as for genital warts. HPV is the most common sexually transmitted infection in the United States. In June 2006, a new vaccine,

Gardasil®, was approved for human use. Gardasil® protects against four types of HPV. HPV-16 and HPV-18, which account for 70 percent of cervical cancer, and HPV-6 and HPV-11, which account for about 90 percent of genital warts.

#### Vaccine offers promise

To provide protection, Gardasil® is given three times in a six-month period. After the initial dose, a second dose is given two months later, followed by a third dose at six months. At this time the vaccine appears to be effective for at least five years. It isn't known yet if the protection wanes over time and if a follow-up shot or booster shots are needed.

The vaccine will not protect people from a strain of the virus if they are already infected with that strain. Additionally, those who are immunized still need a Pap test because there are other HPVs that cause cancer and warts.

The vaccine is considered safe, and the U.S. Centers for Disease Control and Prevention recommends that the vaccine be used to immunize girls and women ages 11 to 26 years. Immunization at early ages is recommended so individuals are protected long before their first sexual contact.

This recommendation affects most young, active-duty women and many of our Family healthcare beneficiaries. The vaccine holds so much promise that currently there are clinical trials testing its effectiveness among males. Soldiers and other military health system beneficiaries interested in getting the vaccine should talk to their primary care managers.

The CDC also provides answers to frequently asked questions at [www.cdc.gov/vaccines/vpd-vac/hpv/hpv-vacsafe-effic.htm](http://www.cdc.gov/vaccines/vpd-vac/hpv/hpv-vacsafe-effic.htm).

### Winn Briefs

#### TRICARE For Life

Upon receipt of your Medicare Part B enrollment or three to six months prior to your 65th birthday, go to the TRICARE Service Center at 852 Harmon Ave., building 202, Fort Stewart to select a civilian Primary Care Manager and receive more information about your health benefits/options available to you or call 1-800-444-5445.

#### Over-the-counter meds available

Selected over-the-counter medications are available to beneficiaries without seeing a doctor from the pharmacies at Winn Army Community Hospital and Tuttle Army Health Clinic.

The over-the-counter pharmacy card is no longer used. Simply come to any pharmacy, take a number and when called, tell the pharmacist your symptoms. Certain over-the-counter medications will be screened against your current medications and given based on age restrictions. A valid ID must be presented at the time of request. Limited quantities per visit. For more information, call 767-2672.

#### Winn/Tuttle observes holiday

Feb. 18 is President's Day, a federal holiday. On Feb. 18, services at Winn Army Community Hospital will be limited to inpatient care and emergencies. The pharmacy will be closed Feb. 18. Full operations will resume Feb. 19.

All services, to include the pharmacy, at Tuttle Army Health Clinic and the Hawks Troop Medical Clinic will be closed Feb. 18. Full operations will resume Feb. 19.

#### Parking lot repairs at Winn

Certain sections of the parking lot at Winn Army Community Hospital are closed for phase one of repair and resurfacing. Please exercise caution in the parking lot during this time.

#### I'm pregnant. Now what?

Congratulations on your pregnancy. Prenatal care is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health Clinic at Hunter Army Airfield.

Pregnancy tests are available. Active duty Soldiers need a documented pregnancy from the laboratory. Civilian spouses may confirm pregnancy with a home test or by a hospital urine test.

Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle. You can also make appointments in person.

#### Get your prescriptions in the mail

The TRICARE mail-order pharmacy offers beneficiaries up to a 90-day supply of medication through the mail, for a co-pay of \$3 for generic and \$9 for name brand drugs on formulary drugs. Non formulary drugs are \$22. You may order online at [www.express-scripts.com](http://www.express-scripts.com), by phone at 1-866-363-8667 or by fax at 1-877-895-1900.

#### Book appointments online

Want an alternative to calling the appointment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, [www.tricareonline.com](http://www.tricareonline.com). This link is also available through the Winn Web site homepage, [www.winn.amedd.army.mil](http://www.winn.amedd.army.mil).

#### Clinic moving

The Orthopedic and Podiatry Clinic will be relocating back to Winn Army Community Hospital. The clinic will be closed today through Feb. 5, but emergency treatment will be provided through Winn's Emergency Department.

The clinic will have limited services Feb. 6-10. The Orthopedic and Podiatry clinic will be fully operational at its Winn location Feb. 11. For more information, please call 435-6633.

#### ASAP for Families, new hours

The Army Substance Abuse Program Counseling Center is offering prevention, education and treatment opportunities for military retirees and Family members (18 years and older).

Walk-in hours are 7:30 to 9:30 a.m. Mondays, Tuesdays, Wednesdays and Fridays; 12:30 to 3 p.m. Thursdays. The center is located at 944 William H. Wilson Ave., building 620, Fort Stewart. Questions, call 767-5265.

#### Assistance offered to Soldiers

Charles McClain, ombudsman, is here at Fort Stewart-Hunter Army Airfield to assist Warriors in Transition and their families regardless of whether the issue is related to medical matters. Please contact McClain at his office 435-5415 or cell 980-8143, email: [mac.mcclain2@amedd.army.mil](mailto:mac.mcclain2@amedd.army.mil) or visit his office in the Lloyd C. Hawks Troop Medical Clinic 192 Lindquist Rd., Fort Stewart, Room 104.

#### Behavioral Health new location

Winn Army Community Hospital's Behavioral Health Clinic is now located at 1083 Worcester Ave., building 9242 Fort Stewart, across the street from Winn. For more information, call 767-1647.

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

#### December 31

• **Ayanna Kaniya Thomas Scott**, a girl, 5 pounds, 6 ounces, born to Byren Thomas and Alexis Scott.

#### January 10

• **Elijah Akavin Daniels**, a boy, 6 pounds, 7 ounces, born to Lucas Daniels and Spc. Erica Daniels.

• **Henry Herbert Hatch**, a boy, 9 pounds, 2 ounces, born to Spc. Nathaniel Hatch and Stephanie Hatch.

#### January 11

• **John Wyatt Mayo**, a boy, 7 pounds, 12 ounces, born to Cpl. John Mayo and Sgt. Rebecca Mayo.

#### January 12

• **Breanna Leigh Abel**, a girl, 6 pounds, 13 ounces, born to Pfc. Jeffery Abel and Jessica Abel.

• **Kandice Brea Jones**, a girl, 7 pounds, 4 ounces, born to Sgt. Erin Jones.

#### January 15

• **Jenica Denise Hatton**, a girl, 6 pounds, born to Tyanna Denise Hatton.

# Sexual transmitted disease awareness

**Maj. Frederick Davidson**  
*Chief Army Public Health Nursing*

Sexual transmitted diseases occur more frequently than you might expect. According to the U.S. Department of Health and Human Services, one out of every five Americans currently has an STD, and an estimated 15.3 million new cases of STDs occur annually in the U.S. Sexually transmitted diseases are the most common reportable diseases to the Center for Disease Control and Prevention. In addition, the CDC reports that five of the top 10 reportable infections are STDs.

An STD can be contacted even without having sex. Kissing or just touching an infected person's body fluid can transmit some STDs. Any fluid from an open herpes infection, for example, can transmit an infection to any other body part that touches the fluid. The majority of STDs also produce no outward signs, or perhaps only mild symptoms.

Chlamydia is one STD that produces no symptoms in as many as 85 percent of women and up to 50 percent of men. Some other STDs with either delayed or no immediate symptoms are HIV, syphilis, and hepatitis A, B and C.

You may be surprised to learn that STDs refer to more than 25 infectious organisms that are spread from person to person through sexual activity, according to the CDC. The most common STDs are Chlamydia, gonorrhea, syphilis and herpes. The less familiar STDs include human papillomavirus (HPV), hepatitis, cytomegalovirus, trichomoniasis, bacterial vaginosis, granuloma inguinale and group B streptococcal infection.

Sexually transmitted diseases affect all racial, cultural, economic and religious groups. The behavior of being involved in a sexual relationship, without knowing all the facts about STDs, put individuals at the most risk. While people in all communities and sex-

ual networks are at risk for STDs, these diseases and their complications disproportionately affect certain populations. For example, the United States Public Health Service reports STDs are running rampant among teenagers today. Each year, an estimated three million American teenagers are infected with an STD. Teenagers 15-19 years of age have the highest reported rates of both Chlamydia and gonorrhea. Herpes infection rates among you 12-19 recently increased nearly fivefold. Additionally, women suffer more serious STD complications than men. Other high-risk populations for contracting an STD include drug abusers, those living at poverty level, male or female prostitutes and people with criminal backgrounds. Since STDs ignore gender, social and cultural boundaries, behavior is the primary risk factor for contracting them.

Not all STDs are curable. It is well known that HIV/AIDS has no cure. Hepatitis B and C,

and herpes are also incurable. Comedian Eddie Murphy accurately described these STDs as "luggage - it stays with you the rest of your life." In addition, irreversible damage can also result from a curable STD. The CDC reports 25 percent of all pelvic inflammatory disease cases result in infertility. Hepatitis can lead to liver cancer. HPV can lead to cancer of the penis or cervix. Any STD can cause a chronic irritating urinary problem, even after it is treated.

Condoms are not adequate protection against viral STDs especially herpes. The best way to reduce your risk is a monogamous relationship and to know your partner very well.

Winn Army Community Hospital and Tuttle Army Health Clinic are dedicated to providing the highest quality care to our customers. If you have any questions or concerns, you can call the Special Treatment Clinic at 435-6958.



## WANTED



The CID office is conducting an investigation regarding the larceny of

• a Dell Computer, Model# DIM2400CRT17, SN# 1V8T •JVC 27i Television, Model# AV27F476, SN# 11024661

•Washer and Dryer, Model# WTW5100SQ, WED5300SQ, SN# CU0220911, MU0202133 •Bedroom set and numerous items of TA-50s, which occurred at 7009E Libby Court, Fort Stewart, Ga., on July 21, 2007.

Please provide any information to the US Army Criminal Investigation Command, Fort Stewart CID Office, 30th MP Detachment (CID) Fort Stewart, Ga. 31314. Office: 912-767-4411, DSN: 870-4411 Case Number 0211-07-CID093

All information will remain anonymous.



# What is the difference in a life and a legacy?



## CHAPLAIN'S CORNER

**Chaplain (Capt.) Tom Allen**  
Winn Army Community Hospital

Has anybody ever said to you "get a life"? I am sure we have all heard that statement at one time or another. Let me ask you a different question. Are you just living a life, or are you leaving a legacy?

What is the difference in the two? For many people, living life is simply using all of life's resources and relationships for us. It is using your wife or your husband simply to fulfill your own needs. It is using your kids for what you want. For example, we want them to be good and to achieve so they can make us look good. We use them to be our little servants. Living a life is to use our friends for ourselves.

We want them when we need them and only when they fit into our schedule. They are only in our lives

to contribute to us. It is also to use our wealth for ourselves; to spend in order to fulfill our desires, our indulgences, and our itches. To live a life is to use everything in life for our benefit alone.

Living a life will ultimately lead you to emptiness and sadness because in the process of living that life you and the things most important to you become the priority. The people and relationships God has put in your life become secondary and only important when they contribute to you.

What does it mean to leave a legacy? To leave a legacy is to give your life and resources as a contribution to others. It is not consumption on the self, it is a contribution to others. A legacy leads to true joy and satisfaction. To leave a legacy is to live to make a difference in someone else's life. To give to others instead of

receiving, to be a friend rather than gather friends, to be respectful rather than demand respect, to give encouragement rather than always seeking praise. Living a legacy is to pour your life into your spouse and children so that you can make their life meaningful and fulfilling. It is to give yourself away so that others may live a better life.

Some of you are saying, "That sounds great for them, but what about me?" Jesus said this in **Matthew 16:25** "For whoever wishes to save his life shall lose it; but whoever loses his life for My sake shall find it." It is only through giving our lives to God that we can then give our lives to others and leave a legacy that will live beyond our years on this earth. Giving our life away allows us to bless rather than curse the people who know us. Are you living a life, or are you leaving a legacy?

## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
<b>Protestant</b>		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Victory	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church(K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Wednesday)	Marne	9:30 a.m.

**Islamic**  
Friday Jum'ah .....Marne .....1:30 p.m.  
Contact Yahya Hassan at (414) 899-7226.

**Jewish**  
Contact Sgt. 1st Class. Crowther at 332-2084.  
Friday .....Marne .....11:30 a.m.

### Hunter Army Airfield

Catholic	Location	Time
Sunday Mass	Chapel	11 a.m.
<b>Protestant</b>		
Sunday Service	Chapel	9 a.m.

### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.  
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.  
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Kids Church

### Exciting Bible Lessons

with music, puppets, videos, crafts, games

11 a.m. to noon, Sunday at Stewart School  
Age Services, across from Diamond  
Elementary; or at Hunter Chapel Fellowship  
Hall, Sunday at 9:15 a.m.

## For all kids Grade K-6

### Scheduled Bus Pick-up

10:15 a.m. - Liberty and Hendrich, Liberty and Sicily, Liberty  
and Anzio, Liberty and Rome

10:20 a.m. - Jasmine and Skyland Spruce, Jasmine and Liberty  
Wood, Wild Fern and Golden Birch

10:30 a.m. - Schofield and Sansidro, Schofield and Hollandia,  
Rogers and Argyle

10:40 a.m. - Naktong and New Guinea, Ormoc and New Guinea

10:50 a.m. - Marne Chapel

10:55 a.m. - Main Post Chapel

### Questions?

Contact Chaplain Ric Thompson at 767-6831



## Stewart-Hunter Youth Ministries

### Fort Stewart

Junior and Senior High School  
Students!

6:30 to 8 p.m., Sunday  
at Vale Chapel in Bryan Village.

For more information call 877-7207

### Hunter Army Airfield

Join us for Motivating Fun!

1 to 3 p.m.  
the first and third Sunday of each month  
at the Religious Education Center,  
building 129, next to Hunter Chapel

For more information call 315-5934

## Liberty County Mass Choir

Rehearsals are 7 p.m.  
every Tuesday at

First Presbyterian Church,  
Hinesville.

Contact Cathy Goolsby to  
get your book and  
rehearsal CD at

machllube@coastal.net or  
369-4818; or contact

Ronald Calhoun at  
rcalhoun@schoolofchurch

music.org or  
247-3424.



Coastal Happenings

Courtesy of the Coastal Courier

Live Oak Public Libraries' programs

Activities sponsored by the Liberty Branch Library and Midway-Riceboro Branch Library include these events: *Preschool Storytime*

Join us for stories, songs, and more for ages 3-4 at 10:30 a.m., Feb. 4, 11, and 25.

*Tree Tots Storytime*

Join us for stories, songs, and more for ages 1-2, at 10:30 a.m, Tuesdays.

*Black History Bingo*

Liberty Branch: Celebrate Black History Month and learn about some famous African Americans with this special edition of bingo for ages 4 and up at 2 p.m., Feb. 9. Everybody wins!

Midway-Riceboro Branch: Celebrate Black History Month and learn about some famous African Americans with this special edition of bingo for ages 4 and up at 5 p.m., Feb. 21. Everybody wins!

*Tea and Tales Book Group*

Midway-Riceboro Branch Library

Join us this time for a discussion of What the Dead Know, by Laura Lippman at 5:30 p.m, Feb. 14. For more information, call the Midway-Riceboro Branch Library at 884-5742.

*Lillian Grant-Baptiste, storyteller*

Join us for a spellbinding hour of family fun as Lillian Grant-Baptiste tells stories from the African Diaspora at 2 p.m., Feb. 23. The event is for ages 5 and up.

*Computer Classes*

Introduction to Word:

A beginner's course on using this popular word processing software is offered 7 p.m., Feb. 7. Learn how to create, print, and save a document. Prerequisite: Introduction to Windows or equivalent knowledge. To register, call the library at 368-4003.

Introduction to Excel:

Learn how to create a simple spreadsheet and add graphs. Prerequisite: Introduction to Word or similar skills. The event is offered 7 p.m., Feb. 13. Call 368-4003 to register.

Introduction to the Internet:

A beginner's course on using the Internet is offered 10 a.m., Feb. 20. The class will cover using the Internet Explorer browser to navigate through the Internet and print Web pages. A prerequisite is the Introduction to Windows Class or equivalent knowledge. To register, call the library at 368-4003.

Human Resource Management meeting held

Coastal Society of Human Resource Management meets on the fourth Thursday of every month. If you are a human resource professional and would like to attend a meeting or receive more information, please feel free to contact Holly Stevens-Brown, chapter president, at 876-3564.

18th Annual Black Heritage Festival slated

An exhibition will be presented at the Sankofa African-American Museum on Wheels by the Savannah State University at the Massie Heritage Interpretation Center,

207 E. Gordon Street, today through Saturday. An experiential learning exhibit of artifacts that depicts a historical and chronological journey of African Americans. For more information, call 691-6847 or visit online at [www.savstatedu.edu](http://www.savstatedu.edu).

Isaiah Davenport House Museum presents

Join in one of Savannah's Madeira traditions and experience the historic atmosphere of the Davenport House while learning about and tasting this unique and flavorful wine at the Isaiah Davenport House Museum, which presents "Potable Gold" at 5:30 p.m, today, Saturday, Feb. 8, 9, 15, 22, 23, and 29. The program will last one hour. The Isaiah Davenport House Museum, is located at 324 East State Street, Savannah on the corner of State and Habersham Streets. Patrons are oriented to the long and rich tradition of Madeira wine as it related to the history of Savannah and then participate in a simulated Madeira party. During the experience patrons will sample two types of Madeira and see the historic house at dusk. The program will last one hour. For information or reservations call 236-8097 or email [jcredle@savbusiness.net](mailto:jcredle@savbusiness.net). Reservations must be received 24 hours in advance, four-person minimum, 14-person maximum. \$20 per person, All participants must be 21 years of age of older.

Second Annual Critz Race

On Feb. 23, participants in the second annual Critz Race for Preservation 10K/5K in Savannah will be out walking and running in support of the Historic Savannah Foundation. The 10K race starts at 8 a.m., in Forsyth Park near the Mansion on Forsyth. The route is a certified course that leads participants through five of the eight historic districts within Savannah's city limits.

This year the Critz Race for Preservation is offering a 5K run/walk in addition to the original 10K. Registration forms are available at Critz BMW and Mercedes-Benz, Fleet Feet Sports, the Downtown Athletic Club, Savannah area YMCA's and the Historic Savannah Foundation office. The entry fee before Feb. 15 is \$20 for either the 10K/5K run or the 5K walk; late registration after Feb. 15 is \$25. The entry fee includes a T-shirt and refreshments.

Online registration is available at [www.active.com](http://www.active.com). Online registration closes Feb. 22 at 11:59 p.m. EST but participants will be able to register at the event starting at 7:15 a.m. All proceeds benefit the Historic Savannah Foundation, whose mission is to preserve and protect Savannah's heritage through advocacy, education and community involvement. For registration, race details and information contact Andrea Dove at 233-7787 or email [adove@historicsavannahfoundation.org](mailto:adove@historicsavannahfoundation.org). For more information about the Historic Savannah Foundation visit [www.historicsavannahfoundation.org](http://www.historicsavannahfoundation.org) or call 233-7787.

Take dance lessons

You've seen them at Bar Mitzvahs and weddings. You've admired their style and abilities. If you missed the last set of lessons at the Jewish Educational Alliance, here is your chance to join in the fun and learn how to "trip the light

fantastic."

If you have always wanted to learn how to ballroom dance but never knew where to start, this is the right place for you. You can start learning the Waltz, Fox Trot, Cha-Cha, Salsa, Swing . . . or for those of you that have attended one of the JEA's previous dance classes, we will take you to the next step and help you refine some of your classy moves.

The first ballroom dance lesson will begin Feb. 5 at the JEA, 5111 Abercorn, and continue for five consecutive weeks Feb. 12, 19, 26, March 4 and 11. Lessons begin at 7:30 p.m. and will be one hour. Learn the traditional ballroom dances, step-by-step. Taking lessons as a couple is fun and can greatly improve your confidence and poise on the dance floor as well as in your everyday life. It can also be a therapeutic tool for mental and physical health. Come join us in the dance room on the second floor. Maxine Patterson and Mary Gail Gaddy will instruct.

The cost is \$25 for JEA members and \$40 for non-members. Call 355-8111 or drop by the JEA to sign-up.

Learn fishing in Thunderbolt

Captain Judy Fishing offers fishing lessons for off-shore, in-shore and fly-fishing for beginners at Tubby's Tank House, 2909 River Drive, Thunderbolt, Ga. Captain Judy's Fishing Schools offers an "opportunity to hear some seasoned local fishing secrets, which are definitely priceless.

The off-shore school is Saturday; the in-shore class is on Feb. 16 and the fly-fishing for beginners class is Feb. 9. The classes are 8 a.m. to 2 p.m., and cost \$90, which includes the cost of one day class, breakfast and lunch. For more information, visit online at [www.missjudycharters.com](http://www.missjudycharters.com) or call Captain Judy at 897 4921.

Book signing

Over Coffee Espresso Café will host a book signing at noon, March 1, at 110 South Commerce Street; Hinesville featuring author KELiCHiA for her book, "The Men That Stole My Soul." Books are \$15 each.

Check out the on-line version of the **Quality Time** magazine

at [www.stewart.army.mil](http://www.stewart.army.mil) or thumb through the magazine in next issue of the Frontline for Big Free offers of entertainment

offers limited



AE

The Sarah Connor Chronicles, reviewed

Commentary by:  
**Sasha McBrayer**  
*Fort Stewart Museum*

Sci-fi and action have a new outlet in a Fox drama which airs Mondays at 9/8 central. "Terminator: The Sarah Connor Chronicles" takes place directly after the film Terminator 2: Judgment Day. In fact, in the pilot Sarah (played by Lena Heady) and her son John (Thomas Dekker) are living in the year 1999. A new Terminator nearly kills John at school under the guise of Mr. Cromartie, a substitute teacher. Thankfully, a female Terminator (Summer Glau) rescues John. Thus starts a new adventure full of narrow escapes, time travel, lot's of heart, and desperate plotting to prevent Skynet from ever becoming a reality. Actress Lena Heady was recently the sexy Queen Gorgo in stylish action epic "300". She's a capable actress and nice to look at. Some have criticized her for not being as crazy muscular as Linda Hamilton was in her role as John Connor's mother; guardian of the future. Still, she definitely has Sarah Connor's look and attitude. The bits of narration the show includes to mimic Hamilton's voice-overs from T2 are slightly ineffective

thus far, in my opinion. No one can really match the low grit Hamilton achieved as a woman hardened by nightmares of an unthinkable war to come. Heady is no slouch, though, and she's got the power to keep viewers interested.

Thomas Dekker is an amazingly talented third generation actor. He writes. He directs. He produces. He filled the role of a minor fan favorite on sensation "Heroes" in its first season. More importantly for us, he can pull off Edward Furlong's famous bad boy persona, yet adds a gravity and self assurance to the role that really works. Though the show has only delivered a handful of episodes thus far, Dekker is already allowing audiences to glimpse the great leader John Connor is fated to become. (We may see future John sooner than we think, as the fourth film in the franchise, starring Christian Bale as future Connor is already on its way.)

Summer Glau is an exotic, unusual actress well-known for her role in cult adventure "Serenity" as the weird, dangerous char-




acter "River". Her Terminator is called Cameron and is very different from anything in the films. She doesn't say "Affirmative" every few moments and isn't liquid metal either. Unlike the female machine in T3, she doesn't turn into advanced weaponry. Instead, Cameron (perhaps a name choice to

honor T2 director James Cameron) takes great care in looking human, mimicking emotion and sentimentality, and even learning how females apply make-up. She even consumes food. She's the most human machine the series has produced. 90 percent of the time Glau is effective in her role and fun to watch. There is another 10 percent of the time where I didn't laugh where I was meant to, or something she does just seems silly.

Richard T. Jones (Kiss the Girls) rounds out the cast as a dogged FBI agent hot on the trio's tail. He anchors the show a bit with his calm realistic sensibility.

All in all the show is worth following, especially with the powerhouse "Heroes" down for the count thanks to the writer's strike. There are great, suspenseful action sequences, however they've done some weird things with the script that have the potential to get much better or completely fail. Right away Cameron takes Sarah and John time traveling. This is weird for me. We see that Sarah doesn't know what 9/11 is or how to buy a cell phone thanks to a sudden jump from 1999 to 2008. The story also grapples to supply targets for the trio in operation: nix Skynet. So far they've turned up a likeable cell phone salesman who builds a chess playing computer, which may eventually become Skynet's brain, and a scientist who makes leaps in the area of cellular generation, which may potentially supply terminators with their living tissue exteriors. Of course, a theme, as always is whether or not anything the heroes accomplish can ever truly change the future.


One aspect that is taken from the film T3 is that Sarah Connor may potentially die of cancer, which is ironic, considering her life has been spent running away from killer robots.




**3rd Infantry Division**

**Fort Stewart and**

**Hunter Army Airfield**





**Black History Month**

Theme: "Carter G. Woodson and the Origins of Multiculturalism"

**Feb. 27**

**Club Stewart Ballroom**

**1:30 to 3 p.m.**

**Honorable Otis Johnson**

**Mayor of Savannah, Georgia**

**Keynote Speaker**



**Volunteer Spotlight**

April Anglin of Little Rock, Ark., is an American Red Cross volunteer working in the Patient Administration Division at Winn Army Community Hospital.

Anglin volunteers because she wants to help others who are in need. She feels that she owes it to her country and to the world for all that they have do. Her interests and hobbies include working with children and administrative work.

If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Shanken at 435-6903.





# Army Community Service



Welcome to the Army Community Service Family Page. Our mission is to provide services to support readiness of Soldiers, their Families, and communities to promote self-reliance, resiliency, and stability. We offer training classes, support groups, and Family advocacy programs. Services are offered to Active, retired, Reserve, and National Guard Soldiers and their Family members, regardless of branch of service. Department of Defense civilian employees (NAF and APF) are also eligible for most services, as are their Family members. ACS is a member of the Morale, Welfare and Recreation Family, proudly serving America's military. For information or to register, call 767-5058. For information and registration at Hunter Army Airfield, call 315-6816.

## Build your Family team

Prepare your Family to move successfully into the future and succeed in all aspects of military life. Sign up now for free classes offered through the Army Family Team Building program. Upcoming classes at Stewart include a Level III course designed to enhance professional growth and leadership development, especially for those who might assume advisory and mentor roles. The class will be held from 9 a.m. to 2 p.m. Feb. 6 - 8. Other February classes include Army Basics 201, Feb. 11; Level II, Feb. 13-15; and the new Dogface Soldier for Families class, Feb. 20. Call ACS at 767-5058 to register and for child care information.

## Meet, Greet, Roll, Bowl EFMP Bowling Slated

A fun night of bowling for Family members enrolled in the Exceptional Family Member Program will be held 6 p.m., Feb. 4 at Marne Lanes. This is a great opportunity to socialize with other Army Families and enjoy an evening of active bowling with your Family and the EFMP staff. Please call ACS at 767-5058 to sign-up.

## Aerobics class for breast cancer survivors

The Exceptional Family Member Program introduces "Healing Body Moves" for breast cancer survivors. This weekly aerobics class is limited to 20 participants, so register now for the first class held 5:30 to 6:30 p.m., Feb. 14 at Club Stewart. Contact Army Community Service at 767-5058 to sign up.

## Baby Basic Training for new dads

New fathers are invited to take a class that helps teach what to expect during pregnancy, labor and delivery. You will also learn how to hold, diaper, dress, and bathe your new baby. Taught by a qualified educator who is also an experienced father, this class will give you the important skills you need to be a hands-on dad. Classes are held Wednesdays at 1:30 p.m. The next class will be held Feb. 6 at Stewart. At Hunter, this class begins February 13. To register, please call 767-5058 at Stewart or 315-6816 at Hunter.

## Strengthen Your Parenting Skills

Parents of children ages 5-12 can learn new parenting skills to help make their lives a little easier by signing up for the next Active Parenting class. By learning problem-solving skills, steps to good communication, and effective discipline techniques, you will strengthen your Family relationship. This three-session workshop is offered Tuesday mornings at Fort Stewart beginning Saturday, and on Thursday afternoons at Hunter Army Airfield beginning Feb. 7. To register, call 767-5058 at Stewart or 315-6816 at Hunter.

## Learn to live without debt

It is possible to be free from debt when you learn how to get control of your finances and manage your money more effectively. Sign up now to attend "Life Without Debt," an educational workshop to be held from 3:30 to 4:30 p.m., Feb. 12 in the ACS classroom, building. 86 at Stewart. To register, call 767-5058.

## Bring your child to play

Children up to age 5 are invited to enjoy music, toys, and fun with other children at the Army Community Service Play Group. At Fort Stewart, Play Group is held every Tuesday and Thursday from 10 to 11:30 a.m. at the Bryan Village Youth Center. At Hunter Army Airfield, Play Group is held every Thursday at the Religious Education Center from 10 a.m. to 11:30 a.m. No need to register, just bring the kids to this fun gathering that provides activities for children while parents get a chance to chat and relax.

## Get spouse support

Hearts Apart, a support group for waiting spouses, meets every Wednesday from 11 a.m. to 12:30 p.m. at Fort Stewart in building 443. Along with support and friendship, you'll enjoy cooking classes, crafts, and more. Bring the kids, too! For information, contact Army Community Service at 767-5058.

## Be a mayor in your community

Applications are now being accepted for Community Mayor positions at Fort Stewart and Hunter Army Airfield. As a Community Mayor, you'll work with Garrison Command and Army agency representatives to build a superior quality of life for the Families living on our installation. To qualify, you must have a positive attitude and a genuine desire to serve your community. Call 767-5058 to inquire about a Community Mayor position at Stewart or Hunter.

## 'My Soldier is home, now what do I do?'

Spouses of Soldiers who are arriving home from deployment are invited to the Southern Oaks Community Center at the Liberty Woods Housing Community Feb. 6 from 10:30 a.m. to noon for a presentation by a Military and Family Life Consultant. You will learn how to best prepare for and deal with the changes that come for you, your children, and your Soldier, and develop new tools to help make the transition smooth and safe for everyone. This presentation will address such topics as the deployment experience, challenges of the reunion, intimacy issues, communication and conflict resolution skills. For more information, call 492-6428 or 492-6367.

## Take a class in Army basics

The Army Family Team Building (AFTB) Level III course will be held Feb. 6 - 8 at Fort Stewart. This class is designed to enhance professional growth and leadership development, especially for those who might assume advisory and mentoring roles. Other AFTB classes this month include Army Basics 201, Feb. 11; and Level II, Feb. 13-15. Call 767-5058 to register for AFTB classes.

## Survive Valentine's Day in a positive way

Expressing love, your feelings, methods of love, and love and deployment are the topics of the Language of Love workshop held Valentine's Day. This class explains how each of us receives love and gives love differently, and shares ideas for improving your relationship. At Fort Stewart, the workshop will be held from 4 to 6 p.m. at Club Stewart. At Hunter, the presentation takes place from 11 a.m. to 2 p.m. at the Chapel Fellowship Hall. To register, call 767-5058 (Stewart) or 315-6816 (Hunter).

## Learn About the Dogface Soldier

Wondering what "Rock of the Marne" means? Curious about the smiling bulldog, Rocky? Learn the history of the 3rd Infantry Division, the Dogface Soldier song, and much more at the Dogface Soldier for Families class Feb. 20. This free class is offered through the Army Family Team Building Program. Call ACS at 767-5058 to register and for child care information.

## Take an instructor class

Learn to be an Instructor with the Army Family Team Building program. You will learn how to teach Families in America's Army to function at their highest level, in any situa-

tion, with minimal outside support. As an AFTB instructor, you will improve personal and Family preparedness by educating Family members in all aspects of military life, from "day one" and throughout their Army experience. Call 767-5058 to register at Fort Stewart, Feb. 27-29.

## Volunteer at the Special Olympics

ACS is now recruiting volunteers to help at the 2008 Special Olympics at Fort Stewart on March 28. Volunteers are needed as huggers, event officials, score sheet runners and, most importantly, the audience and cheering section. Pre-registration is requested in order to expedite volunteer in-processing that day. To register call 767-5058.

## Come to Coffee Groups

Grupo Hispanico Del Café, our Hispanic Coffee Group, begins Feb. 7. Deutscher Kaffee Klatsch, a German Coffee Group, begins Feb. 14. The coffee groups are a great way for foreign-born spouses to meet friends with a similar cultural background. Both groups meet in the Leisure Activities building 443. Come have a good time and enjoy some refreshments over a cup of coffee. Children are welcome. Call 767-5058.

## Help your relationship

Bring your partner and get ready to learn new skills for resolving conflicts in your relationship. The Couples Communication program is offered Monday mornings beginning Feb. 11 at and on Thursday mornings beginning Feb. 14 at Hunter Army Airfield. Call 767-5058 at Stewart or 315-6816 at Hunter to register for the next Couples Communication class.

## Need to Talk to Someone?

Do you sometimes feel overwhelmed, stressed out, or sad? Chill and Chat gives you a chance to talk to another adult and unload your concerns. Hosted by the Military and Family Life Consultants, Chill and Chat is held every Monday morning at 9:30 a.m. at the food court located at the PX. Playland will be open for the kids. Call 767-5058 for information.

## Join Grandparents, Caregivers for Support

Grandparents or caregivers who are taking care of children while their parent is deployed are invited to join the Grandparent and Caregiver Support Group. Held every Monday from 9 to 11 a.m., the group meets at ACS, building 87, to discuss ways to successfully care for Soldiers' children during the deployment. For information, call 767-2500.

## Help for Warriors in Transition

Fort Stewart now offers a one-stop location to support Warriors in Transition. Located at Fort Stewart in building 87, the Soldier and Family Assistance Center provides services tailored and responsive to the needs of the Warrior and their Families. Services include coordination of legal services, counseling on benefits and entitlements, child care referrals, lodging resources for Family members, travel pay for Family members on Invitational Travel Orders, and employment and educational assistance. For information, call 767-1297.

## Take Family orientation, windshield bus tour

ACS now offers a one-stop location for all your referral and information needs. If you are new to Fort Stewart, the Family Orientation offered by ACS Outreach gives you an overview of the many services available to help with your transition to the area. Offered every Tuesday and Thursday from 9 a.m. to 2:15 p.m. at the Soldier Service Center, building 253, Family orientation includes a windshield bus tour of the installation and Hinesville. For more information, call 767-9176.

## Learn to manage stress and anger

Sign up now for an educational class that will help you learn to identify your stress and anger triggers, how to deal with another's anger, and how those emotions affect you and others. Call 767-5058 to register for the next class at Stewart from 1 to 3 p.m., Feb. 12, or call 315-6816 to register for the class at Hunter from 9:30 to 11:30 a.m., Feb. 13.



## Looking for employment?

Opportunities for permanent employment are available in non-appropriated funds - Morale, Welfare, and Recreation jobs at Fort Stewart and Hunter Army Airfield.

## Management jobs available

The following are positions with frequent vacancies. Applications are accepted on a continuous basis.

- Child, youth program assistant, \$10.09-\$12.36 per hour
- Recreation Aid, \$5.85 - \$7 per-hour
- Operations Assistant, \$5.85-\$8 per-hour
- Cook, \$8.70 per-hour
- Hotel desk clerk, \$7-\$7.50 per-hour
- Cashier, \$8 per-hour
- Custodial worker, \$7.72 per-hour
- Waiter (Trainee), \$7.17 - \$8.17 Per-hour
- Food Service Worker, \$7.17 Per-hour

To search for these types of positions go to [cpol.army.mil](http://cpol.army.mil). click on Employment. This will narrow your search to the Stewart-Hunter NAF vacancies. Instructions on how to apply are on each announcement.

## Fitness Center Assistants

Experienced individuals needed to independently carry out a physical fitness program at Stewart-Hunter gymnasiums. Certification as a fitness or Personal Trainer is a must. The positions start at \$12 per hour. For more information, call 767-5051.

## Did you know?

- You don't have to be a U.S. Citizen to be employed by NAF
- Hiring preference for eligible military spouses can be used multiple times for "flexible" status positions.
- You do not lose eligibility until you are placed in a regular full or part-time position (NAF or Appropriated Funds).
- There is a hiring preference in NAF for involuntarily separated military members and their eligible Family members.
- Current NAF employees who have worked one continu-

ous year in a position without time limits are eligible to be considered for Civil Service (GS/WG) jobs the same as APF employees who transfer to Army.

- Youth at least 16 years of age can be employed year round in certain NAF positions where conditions and duties meet all criteria of Federal and state child labor laws.
- NAF offers a Management Trainee Program that is targeted to annually hire up to 20 recent college graduates who have bachelor's degrees in certain MWR specialties. Applications are accepted on a continuing basis and will be used to fill Management Trainee Program vacancies as necessary. Go to [www.armymwr.biz](http://www.armymwr.biz) and click on Programs for more information. Eligible employees who move between DOD NAF and APF positions can "port" certain benefits such as retirement, leave, etc.

## Need resume help?

Contact ACS employment readiness at 767-1297. For further information on employment opportunities contact the Civilian Personnel Advisory Center, job information center at 767-5051.

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Sgt. Tanya Polk

Capt. Janelle Verbeck, 3rd Inf. Div.'s STB rear-detachment commander, instructs fitness-goers how to belly dance as part of a four-hour Aerobic-thon held at Fort Stewart's Newman Fitness Center, Jan. 26.

# Four-hour workout promotes free fitness

Sgt. Tanya Polk  
Editor

Temperatures were near-freezing Saturday morning, but those inside Newman Fitness Center were burning up – calories that is.

The fitness center was packed as Soldiers and civilians of all ages broke a sweat in an ongoing four-hour workout during Fort Stewart's bi-annual Aerobic-thon.

Jump-starting the morning workout, Capt. Janelle Verbeck, rear-detachment commander for the 3rd Infantry Division's Special Troops Battalion, taught attendees how to belly dance.

The Aerobic-thon then introduced the free fitness programs at Newman to include kick-boxing, steps, cardio, body sculpting, and abdominal-training.

"It's a chance for people to see everything that is offered (at Newman)," said Irma Wright, fitness instructor. "A lot of people don't even know that there are free classes."

For Allie Woods, attending Newman's free classes has been a huge success. Since joining the fitness center's aerobics programs last October, Woods has lost almost 40 pounds.

"My start weight was 201, and today I weigh 165," the retired Soldier said.

Accompanied by her 8-year-old granddaughter, Allie Cook, Woods said this was her second time attending the Aerobic-thon. She also strongly encourages others to join the aerobic classes offered at Newman.

"A lot of people just come to the gym to lift weights, but they're not really getting a full-body workout," Woods said. "Aerobics targets your whole body."

In addition to the Aerobic-thon, attendees were treated to a health fair which provided the opportunity to speak with nutritionists, personal trainers and various local vendors who offered their health services. Booths were also set up where anyone could get their blood pressure, and body-fat analysis.

The next Aerobic-thon is tentatively slated for this summer.

The following are classes free to Department of Defense

card-holders:

Aerobic classes consist of steps, cardio, kick-boxing, body sculpting, and abdominal training.

- Mondays:*** Busy Feet Workout 9 to 10 a.m., 4:30-5:30 p.m.

***Tuesdays:*** Basic Training Workout 9 to 10 a.m.

Steps Challenge 4:30 to 5:30 p.m.

***Wednesdays:*** Cardio, Kick-boxing 9 to 10 a.m.

Step Kicking 4:30 to 5:30 p.m.

***Thursdays:*** Basic Training Workout 9 to 10 a.m.

Cardio-Box 4:30 to 5:30 p.m.

***Fridays:*** Killer Friday 9 to 10 a.m., 4:30 to 5:30 p.m.

***Saturdays:*** Pick Your Poison Workout 9 to 10 a.m.

For more information on free classes or the Aerobic-thon contact the Newman Fitness Center at 767-3033.

# Army Strong, deployed Soldiers push the limits

Spc. Ben Hutto  
3rd HBCT Public Affairs

**FORWARD OPERATING BASE HAMMER, Iraq** – Using heavy chains, humvees and a makeshift weight set purchased with their own money, four noncommissioned officers assigned to Troop A, 3rd Squadron, 1st Cavalry Regiment, are proving that "Army Strong" is not just a catchy motto to attract new

recruits.

Day in and day out, members of the Combat Outpost Assassin power-lifting team make the time to go to the gym they constructed from the ground up.

"We've had to come in here at three or four in the morning to work out because of our mission schedules," said Sgt. Brandon Sayles, from Hilo, Hawaii, a squad leader in Troop A. "We wake each other up to make sure we get our work out in. It has become an important part of what we do out here and nobody has a problem with it."

Lack of sleep is just one of the obstacles that the group overcame to become, in their minds, the strongest Soldiers in the 3rd Heavy Brigade Combat Team.

During the summer, 1st platoon, Troop A constructed a weight room to accommodate Soldiers, including the team.

"They needed a place to work out because it was getting hot during the summer so we built this place," said Sgt. 1st Class Lockett, from Huntsville, Ala.. "We bought the air conditioner and the heater for it with our own money ... Soldiers bought a lot of the weights back at (Fort) Benning and had them shipped out here. They built their own squat rack. A lot of these weights we scavenged from various places. When you add the cost of the mirror and the stereo in here, we've spent about 1,500 dollars to have this place."

Despite the cost, members of the team still feel they need more. Sayles pointed out that they are limited in what they can do because they only have a certain number of plates.

"We don't have the nice weight room and all the equipment they have back at (FOB) Hammer," said Staff Sgt. Jay Doran, from Orlando, Fla., the mortar section sergeant for 2nd platoon. "So we have to use other things to get strong."

Some of the unorthodox training methods the team employs to train include lifting towing chains to work out their back and shoulders, pushing up-armored Humvees to strengthen their legs and picking up the ATVs used by the mechanics to strengthen their back and legs.

"It's all a competition," Doran said.

"It's friendly competition between all of us. We try and hang with one another and out do the guy that lifts before us. We know all the Soldiers back at Hammer have nice equipment and a better diet, so we have to work twice as hard to stay with them."

The team competed in FOB Hammer's strongman competition last November and finished first, besting the other teams competing against them in bench press, farmer's carry, dead-lift and Humvee-pushing events.

"We don't get to compete in a lot of events like this due to missions," Doran said. "When we hear about a dead lift competition and we can't compete, it's frustrating. We found out what the winning weight was and the next day all of us dead-lifted it just to prove that we all could have won that."

The club has been responsible for helping motivate the Soldiers of Troop A, said Lockett.

"These guys have implemented a

workout plan for 60 percent of the Troop," he said. "I would say that 60 guys out of our 80-man troop work out because of the example these guys set. They are real motivators."

The Soldiers in the club have other reasons to continue working out at odd hours in the morning.

"It's a stress reliever," said Staff Sgt. Jimmy Cameron, from Rayford, N.C., a section sergeant for 2nd platoon. "There are days that I come in here to work out after a ten-hour mission. It's just a way to get through the day. You get to a point where you need it to relax."

Doran agreed with Cameron's assessment.

"If one of us is having a bad day, we can always come here and work out with one another," he said. "We pick each other up. When we start working out, we feed off one another."

Sayles said that the make-shift gym has become a refuge for him.

"I really don't know what I would do if I didn't have it," he said. "The deployment would go by so slow if I couldn't work out. This place is a motivator. It gives Soldiers something to do. A lot of young guys get hung up on the Internet and the phones and really just make themselves miserable because they wind up missing home so much. This place gives them something to do and helps them better themselves."

For Doran, the club was a bonding experience for him. Having just transferred from the 1st Battalion, 15th Infantry Regiment, the club was a way for him to meet Soldiers with similar interest.

"Working out with guys like these builds camaraderie," he said.

"I've only known these guys about three months, but I'm as close with them as anyone. Working out with them goes way beyond work; it has



Graphic by Spc. Emily Willsoncroft